WINTER RECREATION SAFETY

- **Ski and Snowboarding Tips for Prior to Hitting the Slopes.**
  - **Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if [illegible]cally fit.**

WINTER RECREATION SAFETY

- **Ski and Snowboarding Tips for Prior to Hitting the Slopes.**
  - **Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.**

WINTER RECREATION SAFETY

- **Ski and Snowboarding Tips for Prior to Hitting the Slopes.**
  - **When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.**

WINTER RECREATION SAFETY

- **Ski and Snowboarding Tips for Prior to Hitting the Slopes.**
  - **Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.**

WINTER RECREATION SAFETY

- **Ski and Snowboarding Tips for Prior to Hitting the Slopes.**
  - **Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).**

WINTER RECREATION SAFETY

- **Ski and Snowboarding for Prior to Hitting the Slopes.**
  - **Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!**
  - **Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.**

WINTER RECREATION SAFETY

- **Tips for while on the Slopes.**
  - **Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.**

WINTER RECREATION SAFETY

- **Tips for while on the Slopes.**
  - **The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you. Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.**

WINTER RECREATION SAFETY

- **Tips for while on the Slopes.**
- **Skiing and snowboarding require a mental and physical presence.**
- **If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.**

WINTER RECREATION SAFETY

- **Tips for while on the Slopes.**
- **The all-important warm-up run prepares you mentally and physically for the day ahead.**
- **Drink plenty of water. Be careful not to become dehydrated.**
- **Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.**

WINTER RECREATION SAFETY

- **Tips for while on the Slopes.**

- **Know your limits. Learn to ski and snowboard smoothly—and in control. Stop before you become fatigued and, most of all have fun.**
- **If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days of the past when guests were limited to fixed grip chairlifts.**

WINTER RECREATION SAFETY

- **Follow the "Your Responsibility Code," the seven safety rules of the slopes:**

1. **Always stay in control.**
2. **People ahead of you have the right of way.**
3. **Stop in a safe place for you and others.**

WINTER RECREATION SAFETY

- **Follow the "Your Responsibility Code," the seven safety rules of the slopes:**

4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

WINTER RECREATION SAFETY

- **Skiing.**
  - Skiers should always ensure that their bindings release properly.
  - Never go too fast – you can lose control or hit a mogul.
  - Consider wearing a ski helmet to reduce the risk of hea

WINTER RECREATION SAFETY

- **Skiing.**
  - **Take lessons. Never tackle a slope that is beyond your abilities.**
  - **Approach tow lifts with caution. Beware of long scarves that could become entangled in the tow rope.**

WINTER RECREATION SAFETY

- **Skiing.**
  - **Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers.**
  - **Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce.**

WINTER RECREATION SAFETY

- **Skiing.**
  - **Observe the following Responsibility Code and share with other skiers the responsibility for a great skiing experience.**

1. Ski under control and in such a manner that you can stop or avoid other skiers or objects.

2. When skiing downhill or overtaking another skier, avoid the skier below you.

WINTER RECREATION SAFETY

- **Skiing.**

3. Do not stop where you obstruct a trail or are not visible from above.
4. When entering a trail or starting downhill, yield to other skiers.
5. Always use devices to help prevent runaway skis.
6. Keep off closed trails and posted areas, and observe all posted signs.

WINTER RECREATION SAFETY

- Snowboarding.

WINTER RECREATION SAFETY

Snowboarding.

- Snowboarding is one of the most popular and fastest growing winter sports. It has been estimated that there are 1.5 million snowboarders worldwide.
- With its growth in popularity, there has also been a rise in the number of snowboarding related injuries. The most frequent injury in children is a fracture -- often to the wrist or forearm. Although they are less frequent, serious injuries and deaths have also occurred. Many snowboarding injuries are preventable.

WINTER RECREATION SAFETY

- **Snowboarding injuries occur as a result of …**
  - **Speed and loss of control**
  - **Colliding with other snowboarders / skiers or other objects**
  - **Inexperience (about 60% of all injuries occur to snowboarders with less than 20 days experience)**

WINTER RECREATION SAFETY

- **Snowboarding injuries occur as a result of …**
  - **Lack of instruction**
  - **Fatigue**
  - **Poor-fitting equipment.**

WINTER RECREATION SAFETY

- **Injury Prevention Tips**
  - **Get Trained**
  - **Wear the Gear:**
  - ✓ **Always wear an appropriate helmet with side vents that allow you to hear.**
  - ✓ **Wrist guards reduce the risk of serious wrist injury.**
  - ✓ **When renting or purchasing a snowboard, choose equipment to suit your skill level and size.**

WINTER RECREATION SAFETY

- **Boards.**
  - ***Width:*** **There are a variety of board widths available. The width is determined by the size of your feet and your ability.**
  - ***Length:*** **For beginners, board length is determined by your weight and ability.**
  - ***Flex:*** **Beginners should choose a soft, flexible board.**

WINTER RECREATION SAFETY

- **Boots.**
  There are two types of boots - soft and hard. Boots should fit comfortably and firmly. Loose boots can lead to injuries.
- **Bindings.**
  All snowboarding binding mechanisms are non-releasable. The non-releasable feature helps to reduce the risk of a lower limb injury.

WINTER RECREATION SAFETY

- **Snowboarding.**
  - **Snowboard Safety Tips:**

1. Front foot should be attached by a security leash.

2. Before changing direction, especially on a backside turn, look behind and check your blind spot.

3. Stop only at the side of the pistes and kneel or stand facing up-hill in order to see oncoming traffic rather than sitting down in the middle of the pistes.

WINTER RECREATION SAFETY

- **Snowboarding.**

- **Snowboard Safety Tips:**

4. **When not attached, your board should be face-down on the piste with the bindings in the snow.**
5. **Due to danger of crevasses, do not remove your snowboard when traversing glaciers**
6. **The rear foot should be detached from the bindings when riding or boarding the chair.**
7. **Wear wind and waterproof clothing.**

WINTER RECREATION SAFETY

- **Snowboarding.**
  - **Snowboard Safety Tips:**

8. Consult a reputable snowboard shop for information on boots, bindings and boards that are best for you.

9. Keep equipment well maintained and assess its fit each season.

10. Dress in multiple lightweight layers so clothing can be added or taken off as conditions or exertion levels change.

WINTER RECREATION SAFETY

- **Snowboarding.**
  - **Snowboard Safety Tips:**

11. Wear sunscreen to protect exposed skin.

12. Wear snowboard / ski goggles or sunglasses to protect your eyes. Avoid wearing clothing or eyewear that reduces your peripheral vision.

WINTER RECREATION SAFETY

- **On the Hill**

- **Warm up and stretch before snowboarding.**
- **Prepare your body for this active, demanding sport by doing strength and flexibility exercises ahead of time.**
- **Never snowboard alone.**

WINTER RECREATION SAFETY

On the Hill

- Snowboard on runs that are appropriate for your ability. Beginners should take lessons and start on an 'easy to manage' slope to practice turning and stopping.
- Know your terrain. Even in familiar areas, snow conditions may change from day to day.
- Make a fist when falling to avoid a wrist injury.
- Follow the Snowboarding Responsibility Code:

1. Always stay in control, and be able to stop or avoid other people or objects.

WINTER RECREATION SAFETY

- **On the Hill**

2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. Do not stop where you block a trial or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.

WINTER RECREATION SAFETY

- **On the Hill**

6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Ensure you have the knowledge and ability to load, ride an unload safely prior to using any lift
8. Know your limits. Rest if you are tired and go inside if you are cold.